

Today she is perfect in body and sound in health.

The story of Dorothy's achievement is one in which many American parents should find a vital interest. It may serve to save some girl from sacrifice to the stupidity of those fathers and mothers who frown down their daughters' hunger for wholesome outdoor exercises and frolic with the "tomboy" rebuke.

Mothers who prohibit the active play of their girls on the foolish plea that it is "unladylike" and "undignified" are sinning deeply against their children. They are stunting, and maybe actually helping slowly to kill, those dearest to them.

Grit and persistent exercise of lungs and muscles are the big essentials in building sound and beautiful bodies.

Any girl who has a fighting chance can do what Dorothy did, I am sure.

She was 10 years old when stricken with scarlet fever. Complications necessitated operations which brought her to the verge of death.

"Take her to the beach," advised our surgeon. "That will help if anything can." No mysterious formulas! No expensive medicines! Simple advice to "let her swim."

Her father and I didn't have the fatalism of laziness. We set to work in fearful earnest.

Our girl weighed just 49 pounds when we arrived at the seashore. So shattered were her nerves that we could not speak to her, could not make the slightest noise, without throwing her into a crying spell.

But she learned to swim.

And seven weeks later her weight had increased to 72 pounds.

A bit of color appeared in the wan cheeks. Slowly the rasped nerves responded to the soothing touch of the sea. Today she tilts the scales at 115 pounds in her thin bathing suit—as fine an example of sturdy, winsome girlhood as can be found anywhere.

With her swimming, which we found

best combined the essentials of body-building, Dorothy took up gradually, all-round gymnastics.

"O, but I wouldn't let my daughter go in for anything so coarsening"—how many mothers have I heard say that. And how utterly unfounded that apprehension!

Athletics need not, and seldom do, coarsen any girl. She may swim, run, play ball, punch the bag, box and engage in practically every game of skill and strength—yes, bless you! even with boys—and not lose a vestige of her modesty, dignity and feminine charm.

My daughter does all these things, and not one of her boy companions has ever addressed her or touched her in disrespect.

In fact, our experience shows that outdoor sports inspire a more abiding respect between boys and girls than any other form of intermingling.

#### MEASUREMENTS OF "PERFECT GIRL"—DOROTHY BECKER

	4 Yrs. Ago.	Today.
Height	..... 5 ft. 1 in.	5 ft. 2½ in.
Weight	..... 49 lbs.	115 lbs.
Neck	..... 10½ in.	12¼ in.
Chest	..... 27 in.	32 in.
Chest expansion	..... 28¾ in.	34½ in.
Waist	..... 22 in.	25 in.
Hips	..... 29¼ in.	35½ in.
Thigh	..... 17½ in.	20½ in.
Calf	..... 10½ in.	13 in.
Ankle	..... 7 in.	8 in.
Upper arm	..... 8½ in.	10 in.

(Continued Tomorrow.)

#### THEIR OCCUPATIONS

The telephone girl follows a calling.  
The horse dealer a trade.  
The seaman a craft.  
The detective a pursuit.  
The postman a walk of life.

—Columbia State.

When milk is scorched while boiling, remove the pan from the fire and place it in cold water. Put a pinch of salt in the milk and stir it up, and the burnt taste will disappear.